Early to Rise Customer Support

Is the cookbook vegetarian/vegan/gluten free/dairy free/paleo friendly?

Honey - 2020-02-06 - Chef Gui Eat More Burn More

The recipes are not vegetarian, vegan, gluten free, dairy free or paleo.

There are some recipes that meet these requirements, but the book and diet are not designed to accommodate these dietary requirements.

Here is a great gluten and dairy free cookbook we recommend from Diana Keuilian:

http://etrliving.dianakeu.hop.clickbank.net/?offer=rhrdigital

And here is a great Paleo cookbook:

http://paleorecipeteam.com/go.php?offer=etrliving&pid=3&tid=cs